

## Positive Alternatives 2016 - 17 Quarterly Update

**Grantee (Name and city):** Health Resources LifeCare Center, Fergus Falls

**Contact:** Trisha Grove, Grant Manager

**Phone and Email:** 218.736.6050 [trisha@hrcff.org](mailto:trisha@hrcff.org)

**Goal:** Education (Earn While You Learn), Prenatal Care Program, Fertility Care, Prenatal Vitamins & Ultrasound Services

**For the period/quarter:** October 1<sup>st</sup>- December 31<sup>st</sup> 2016

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
Administrative Activities	Recruit and train new volunteers Support current volunteers Train TFL educators on updated/expanded program/materials Oversees prenatal vitamin program Establish and make relationships stronger with community agencies – making them aware of our prenatal vitamin program Keep Nurse Manager CPR certificate up to date and offer infant CPR to clients.		Health Resources has recruited volunteers through advertising on our social media page, talking to area churches and sending out mailings with volunteer opportunities. Educators are routinely trained on programs and materials as they pertain to the clients. The Nurse Manager and Nurse Educator oversee the prenatal vitamin program. Relationships with the community have been made stronger by updating the brochures and Pregnancy and New Baby materials given out at the local clinic. The Nurse Manager and Nurse Educator are up to date on CPR as well as 5 staff at Health Resources Center. The Nurse Manager is continually seeking out best practices and just recently changed the prenatal vitamin offered by our Center to one that has DHA included which the previous prenatal did not. This is healthier for the unborn child and mother, therefore this change was made.	

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<b>Outreach</b>	Purchase promotional material, advertising, educational material Expand EDUCATION Program (English & Spanish) Establish and make relationships stronger with community agencies Promote Ultrasound Programs and Advertise ultrasound services Partner with other community programs to increase the number of ultrasounds		Promotional materials have been updated and purchased. Health Resources are continually looking for materials that are presented in English and Spanish. During this quarter, the Nurse Educator met with the local school district Nurse to discuss services Health Resources offers and provide materials for the School Nurse to have for students. The Ultrasound room recently was updated. Pictures of this update were promoted on social media. Providers at the local clinic refer to Health Resources for ultrasounds.	
<b>Car Seat Program</b>	Enroll Client in EWYL program Educate clients on car seat safety Provide car seat safety/education when car seat is distributed to client	1	1 client received car seat education. The car seat wasn't distributed due to the fact that the client had already obtained an appropriate car seat from outside the center. Client was also directed to local agency to ensure proper installation of car seat.	1
<b>Crib Distribution/ Sleep Safety Education</b>	Enroll Client in Education program Provide Sleep Safety Education when crib is distributed to client  Coordinate with Cradle of Hope to provide Pack N Plays to clients after fulfilling requirements for each program.	12/yr	2 clients received education on Safe Sleep and a Pack N Play was distributed to them through the Cradle of Hope program. 2 clients received education alone and a Pack N Play was not received per client request.  Cradle of Hope provides 3 Pack N Plays per month as needed for client distribution. Eligible clients are guided through the application process during one of their appointments.	4
<b>Interpreter Services</b>	Provide translation for clients	9/yr	0 clients received interpreter services in the Pelican Rapids area. Advertising expansion in areas of large Spanish speaking population are being developed. These advertising and marketing strategies will be employed in the new Detroit Lakes center as well. Contacts	0

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			who are Spanish speaking from the Pelican Rapids and Detroit Lakes communities have been made to assist us with developing this marketing strategy. We are hopeful to see an increase in these services in the future.	
<b>Life Coaching Education Program</b>	Assist clients in accessing needed services Meet with clients: Enroll clients in EWYL program Meet individually with clients to complete lessons on Life Skills Education and related assignments Assess client needs	15	2 staff began Life Coaching training in November of 2016. They are currently attending monthly training through Learning Journeys. Staff are also working with other pregnancy centers to learn best practices for implementing this new service. Within the next few months will be able to begin these services with clients.	0
<b>Material Support</b>	Assist clients in accessing necessary material resources to assist them in pregnancy and necessary materials to care for baby after birth.	30	22 clients received material support to assist them in caring for baby after birth. This support included 16 clients who chose various items from our store- diapers, wipes, new and gently used clothing, and other supplies. 5 clients earned gift cards. 1 client received emergency supplies. Material assistance is offered to every client through the Earn While You Learn program. Material assistance is also available to clients on a needs-based basis.	22
<b>Nutrition</b>	Offer each pregnant/nursing clients a voucher for prenatal vitamins	25	11 clients were offered prenatal vitamins. 18 scripts were filled.	18
<b>Parenting Education</b>	Assist clients in accessing needed services Meet with clients: Enroll clients in EWYL program	60/yr	42 lessons on parenting were provided this quarter. These lessons included Reducing the Risk of SIDS, Shaken Baby Syndrome, Benefits of Breastfeeding, Developmental Milestones, and Baby Care Basics.	42

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	Meet individually with clients to complete lessons on healthy parenting Assess client needs			
<b>Pregnancy Education</b>	<p>Assist clients in accessing needed services</p> <p>Meet with clients:</p> <ul style="list-style-type: none"> <li>Enroll clients in EWYL program</li> <li>Meet individually with clients to complete lessons on healthy parenting</li> <li>Assess client needs</li> </ul> <p>Enroll clients in CMFCS program.</p> <p>Train clients (women and/or couples) in the practices and procedures of CMFCS.</p> <p>Evaluate and diagnose any underlying reproductive problems.</p> <p>Provide real solutions to real problems such as infertility, PMS, ovarian cysts, repetitive miscarriage, postpartum depression, hormonal abnormalities, chronic discharges and other problems.</p>	25  10/yr .	<p>24 lessons were provided this quarter. These lessons included Child Birth Prep, Second Trimester, Nutrition, Caring for Yourself after Delivery, and What's Safe What Isn't.</p> <p>4 follow up contacts were made with clients in this area. These follow ups include chart reading, coaching and referrals to physicians as needed for medical intervention.</p>	24  4

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<b>Provide Necessary Services to all clients</b>	Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals		All clients upon initial intake are provided an assessment to determine need. Women are provided information on and referrals to pregnancy support services such as WIC, routine prenatal care and Nurse Family Partnership.	
<b>Transportation</b>	Enroll clients in EWYL program  Offer each actively enrolled EWYL clients transportation to EWYL classes (Bus/Taxi/Gas)	8/yr.	6 transportation supports were given to 3 clients this quarter. This included bus tickets.  During this quarter there was not a client need for gas reimbursement cards or taxi service.	6
<b>Ultrasound</b>	Perform limited diagnostic scans on clients in the first trimester of pregnancy  Educate clients on fetal development, nutrition & smoking/chemical abuse	50/yr	24 ultrasounds were provided this quarter. During these ultrasounds the Nurse Manager provides education on fetal development, nutrition and the effects of smoking/chemical abuse on the unborn baby.	24

<b>Maternal and Child Health Initiative Task Force Strategies</b>	No.
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	0
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	1
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	8
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	2
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	2
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	2

**Challenges:** The Life Coaching training has not been implemented yet due to the training not yet being complete. The goal is to complete this training in this work plan year.

Material assistance is offered to all clients, however clients are given the freedom to choose to partake in this service.

Only one client that received interpreter services falls under the category of Positive Alternatives Clients. This is due to the fact that other clients are not pregnant or their children are older than 1 year.

**Comments:**